

News Release

"SHIP Shape" Result of Collaboration with Statewide Health Improvement Program (SHIP) Staff in Northwest Minnesota and U of M Crookston Students and Faculty

By Itollefs on Monday, May 3, 2010

Two faculty members at the University of Minnesota, Crookston participated in a project with their classes involving collaboration with the Statewide Health Improvement Program (SHIP) staff in Northwest Minnesota, including Polk County. Assistant Professor Kevin Thompson, Ph.D., and Nancy Shay, a teaching specialist, who both work in the Arts, Humanities, and Social Sciences Department, coordinated the service-learning project. Students in the design and management class and visual communication and editing class worked together to develop the pamphlet titled, *SHIP Shape*, which focuses on healthy food choices. Sarah Reese, Polk County SHIP coordinator worked closely with the students on the project.



SHIP Shape features schools in the county and region, such as East Grand Forks, who are making healthy food the easy choice for their students and staff. An integral part of Minnesota's nation-leading 2008 health reform law, SHIP strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. SHIP seeks to create sustainable, systemic changes in schools, worksites, communities and health care organizations that make it easier for Minnesotans to incorporate healthy behaviors into their daily lives.

For more information about SHIP, contact Reese at Polk County Public Health at 218-281-3385 (sreese@pcphealth.org). For more information about the statewide efforts, visit <http://www.health.state.mn.us/healthreform/ship>.

Today the University of Minnesota, Crookston delivers more than 25 bachelor's degree programs and 50 concentrations, including several online degrees, in agriculture and natural resources; arts, humanities and social sciences; business; and math, science and technology. With an enrollment of about 1,300 undergraduates, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit www.umcrookston.edu.

In the photo (l to r): University of Minnesota Crookston students, Tammy Wroblewski, senior, Milwaukee, Wis.; and Jess Seibel, senior, Crookston, Minn.; along with Sarah Reese, Polk County SHIP coordinator; and Stephanie Onken, senior, Round Lake, Minn.

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